



STATE of MINNESOTA

Proclamation

- WHEREAS: Cardiovascular diseases are the nation's leading cause of death and a leading cause of disability, with 915,000 Americans suffering a new or recurrent heart attack each year, and 795,000 suffering a new or recurrent stroke; and
- WHEREAS: Currently, 50 percent of adults and 62 percent of children do not get regular physical activity. The American Heart Association recommends children and adolescents complete at least 60 minutes of moderate to vigorous physical activity each day, and adults at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity, or combination of both, each week; and
- WHEREAS: Brisk walking for at least 30 minutes a day can help lower blood pressure, increase "good" cholesterol, control weight, and control blood sugar through improved use of insulin in the body, all of which can help reduce the risk of cardiovascular disease and stroke; and
- WHEREAS: If 10 percent of Americans began a regular walking program, \$5.6 billion in heart disease costs could be saved; and
- WHEREAS: We can improve heart health and reduce obesity rates by increasing access to physical activity opportunities and providing families with safe places to walk and be physically active; and
- WHEREAS: The purpose of National Walking Day is to encourage Americans to become more physically active by walking. On National Walking Day, April 2nd, the American Heart Association calls on everyone to start walking.

NOW, THEREFORE, I, MARK DAYTON, Governor of Minnesota, do hereby proclaim Wednesday, April 2, 2014, as:

WALKING DAY

in the state of Minnesota.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the state of Minnesota to be affixed at the State Capitol this 31st day of March.


GOVERNOR



SECRETARY OF STATE